

WINTER DISEASES, LIKE FLU,
LARGELY DUE TO
FOOD HABITS.

Everyone remembers the dread flu following the war. Few recall the absence of flu and most diseases during the war, or know that neither before, during, nor after the war, among races not following civilization's food habits. Why was this? Blood must be kept alkaline by eating alkaline foods, yet civilized races refine out of their most important foods—the grains—the alkaline salts, just to make flour white, cereals dainty. The result is acid blood. Acids leaving the blood by the skin, linings of nose, throat, lungs, etc., irritating these surfaces and lowering body vitality, enabling disease germs to attack the body.

During the war acid forming white flour, refined cereals, meats, sweets were controlled. Alkaline whole grains, milk, nuts, beans, vegetables and fruits were increased. There was no flu. After the war people glutted themselves upon acid-forming white flour—refined cereals, fats, etc., resulting in millions of deaths through flu. "Flu will continue its ravages while stupid food habits prevail."

Roman Meal is richly alkaline, 400 parts in each 1,000 "Excess Alkali." It corrects the acids of white flour, other cereals, fats and sweets, keeping the blood alkaline. Nature's own immunizer against disease, which protects the savage who lives upon natural foods. Use Roman Meal some way every day. It relieves constipation, prevents indigestion, alkalizes the blood, keeps you well. It was designed by a physician-dietitian, aware of the "Deficiencies" of modern refined foods, for this very purpose. Delicious, easily prepared, economical. Roman Meal is an un-mixed blessing to the modern child fed so largely upon deficient white flour and refined cereals.—Adv't.

ASPIRIN

Beware of Imitations!



Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions, and prescribed by physicians over twenty-three years for

Colds Headache
Toothache Lumbago
Neuritis Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well-known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross"—Adv't.



News From City Churches

NEW ST. JAMES' W. M. S.

The regular monthly meeting of the W. M. S. of New St. James' Presbyterian Church was held last evening with 53 members present. Mrs. Douglas Omond, the president, was in the chair, and also gave an interesting talk on curios brought from India. A splendid paper on this jubilee was given by Mrs. H. M. Peterson, and the program included a pleasing solo by Mrs. Jackson. Mrs. Andrew Miller read the Scripture lesson.

G. F. S.

The G. F. S. of the Church of St. John the Evangelist met last evening for their monthly supper and business meeting and made plans for a sleigh-ride to be held in the near future, as well as making preliminary arrangements for a play which they are to present. Following the meeting the girls spent an hour playing basketball. Miss Joyce Gibberd was in charge.

KING'S DAUGHTERS.

The Kings' Daughters of St. George's Church, West London, held their adjourned annual meeting last evening, receiving excellent reports of the work accomplished in the past year. The meeting was held at the home of Miss Margaret Wallace, Wootton Road, and was presided over by Mrs. J. H. Wallace. It was decided that the work of helping to support children in the Dornbar Nurseries in India should be continued.

HALE STREET LEAGUE.

Last night's meeting of the Hale Street Epworth League was in charge of the missionary department, with Miss Eunice Beattie presiding. The feature of the program was the debate, "Resolved, That Foreign Missions Should Have More Support Than Home Missions," in which the victory went to the affirmative side. The teams were the following: Affirmative, R. Hall and Everett McKenzie, and negative, Freeman Talbot and Rev. L. W. Reid. The program included a reading by Florence Lewis and a solo by Ellen Firby.

RIDOUT STREET W. M. S.

The regular monthly meeting of the W. M. S. of the Ridout Street Methodist Church was held recently at the home of Mrs. S. Wilson, 145 High Street. Mrs. Bickle, the president, was in the chair. During the meeting a very interesting letter was read from Miss Govenlock, a missionary in Japan. Miss Govenlock's letter told of the recent Japanese earthquake. Members of the W. M. S. are preparing a playlet, called "The Pill Box," which they will present shortly. Mrs. Wilson was assisted in serving refreshments by Master Ross Wilson and Mrs. (Rev.) John Agnew.

CONGREGATIONAL CLUB.

A congregational club has been formed by St. George's Presbyterian Church, Ealing, London, and there was a splendid turn-out at the opening meeting held last evening. In the absence of the president, who is ill, the chair was taken by Mr. John Hutchinson. Devotional exercises were read by Mr. Saul. The program included splendid musical numbers by the following: Miss Margaret and Ellen Wallace, Mr. Griffith, Miss Jean Whittaker, late of Scotland, and whose Scotch songs were very pleasing. Mr. Stewart and Miss Helen Angus. An interesting feature was the educational contest with the Canadian cent, resulting in the winning of the first prize by Mrs. Homer Hunter, and of the second prize by Mr. W. Saul. Refreshments were served by the men of the congregation, who proved themselves splendid hosts. Meetings are to be held on the second Monday of each month.

ST. DAVID'S VESTRY.

Encouraging reports from every department of church work were heard at the annual vestry and congregational meeting of St. David's Church held last evening. Twenty attended the vestry meeting, and there were 40 at the congregational meeting held just afterwards, this being the largest

attendance in the history of the parish. The results of the elections were as follows: Rector's wardens, A. Adams; people's wardens, A. Jones; sidesmen, J. Metcalfe, H. Paice, W. J. Ward, R. Godding, J. Lawton; vestry clerk, W. Duddridge; lay delegate to synod, W. Duddridge; substitute for the delegate, J. Watt; church extension committee, W. J. Ward, W. Clays, Mrs. M. Ayres, Mr. A. de Ruyter; war memorial committee, W. Clays and H. Paice; auditors, A. de Ruyter and W. J. Ward. The following reported for the various organizations: Boy Scouts, W. Paice; G. F. S., Miss Marjory Pearson; Sunday school, J. Metcalfe; Chancel Guild, Mrs. Burgess; Ladies' Guild, Mrs. Tandy; Men's Club, A. de Ruyter, and A.Y.P.A., Miss Hilda Sants.

MISSION BANDS.

The Outlook Mission Band of St. Andrew's Presbyterian Church yesterday afternoon entertained a number of the mothers of the congregation at tea. The King's Own Mission Band of boys were guests also. The boys' band has arranged a membership contest with which is now in effect.

SERVING SUPPER.

The Service Band of the First Presbyterian Church met last evening to make arrangements for the cafeteria supper which they are serving tonight at the convention of the Religious Educational Council.

EMPRESS AVENUE E. L.

The missionary committee were in charge of last night's meeting of the Epworth League of Empress Avenue Church, with the president, Arthur Guymer in the chair. The topic was taken by the wife of the pastor, Mrs. J. F. Chapman, who gave a splendid address on general mission work. The entire program included a Bible reading by Irene Roderick, and a duet by Theda and Ione Guymer.

TRINITY A. Y. P. A.

Following a short business meeting held in the church, the A.Y.P.A. of Trinity Church were entertained last evening at the home of Mr. and Mrs. Fred Hill. The evening was spent delightfully in games and music, and at the conclusion, the business served refreshments. At the business meeting it was decided that \$3 should be contributed to the local council trophy fund.

RIDOUT ST. LEAGUE.

Miss Florence Muma was in charge of last night's meeting of the Epworth League of Ridout St. Methodist Church, when a missionary program was given. The topic of

Feels Like a
New Person

Ontario Lady Satisfied With Results Received From Taking Dodd's Kidney Pills.

Mrs. Lachapelle Tells How Dodd's Kidney Pills Helped Her.

Dill Siding, Ont., Jan. 14. (Special) "Dodd's Kidney Pills have made me feel like a new person, since I have been taking them. I suffered a lot from backache, and could hardly do my housework, but now I feel quite well." This statement is made by Mrs. J. E. Lachapelle, who lives in this place.

Backache, bearing-down pains, dizziness, headaches and depression are early symptoms of kidney weakness, too often misunderstood. Weak kidneys go from bad to worse through wrong treatment or neglect. There is always danger of rheumatism, sciatica, dropsy, and stone in the kidneys or bladder.

The moment you suspect your kidneys use Dodd's Kidney Pills to strengthen and restore them. Dodd's Kidney Pills have built up their reputation as a kidney remedy by the relief they give. Insist upon having Dodd's, the kidney pills your neighbors use.—Adv't.

"Personal Missionary Work" was well-handled by Eleanor Lloyd and Bernice Martin, both of whom gave excellent papers on the subject. Miss Verna Young read the Bible lesson. A piano solo was given by Miss Jean Blackmore.

CRONYN MEMORIAL A.Y.P.A.

Papers on the lives of early missionaries in India were given as part of a missionary program at Cronyn Memorial A.Y.P.A. last evening by Miss Dorothy Treleven and Miss Helen McMillan. Rev. Ridley Parsons presided.

ST. MARK'S A. Y. P. A.

The annual meeting with the election of officers of St. Mark's A. Y. P. A. was held last evening at the home of Miss Lillian Moss, Burslem street. The new officers are as follows: President, Rev. A. L. Beverley; president, John Mirehouse (by acclamation); first vice-president, Miss Skellett; second vice-president, Miss Lillian Moss; secretary, Miss Mary Mirehouse; assistant secretary, Miss Louise Gudgeon; treasurer, Miss Winnifred Dunstan; pianist, Miss Winnifred Dunstan and Miss Maude Pearson; program committee convener, Mrs. John Mirehouse; social committee convener, Miss Louise Gudgeon; and look-out committee convener, Miss Lillian Moss. Following the election, Rev. A. L. Beverley gave a short address in which he highly commended the A. Y. P. A. and its work in the parish. Following the business, the members enjoyed a social hour during which refreshments were served.

COLBORNE ST. LEAGUE.

The program at last night's meeting of the Epworth League of Colborne Street Methodist Church was in charge of the missionary department. Mrs. W. F. Sherwin was in the chair. Mr. H. Liddicott gave an inspiring talk on the duties of citizenship, combining this with the missionary theme.

CENTENAL LEAGUE.

Douglas Omond, formerly a Y.M.C.A. worker in India, gave an address at the Epworth League of Centennial Methodist Church last evening, telling many most interesting things in connection with his work there. The program included a solo by Fred Manning. Ed Tufts presided.

WELLINGTON STREET Y. P.

The Wellington Street Y. P. League last evening was in charge of the missionary department, with A. Dent occupying the chair. W. Boyce gave the topic, dealing with the life of John and Charles Wesley. Following this a reception service was held for new members. An hour was spent in games at the conclusion of the evening.

FIRST CONGREGATIONAL Y. P.

The election of officers of the Young Peoples' League of the Southern Congregational Church took place last evening. Miss Anne Moule presiding. The new officers are the following: President, Miss Moule (re-elected); devotional vice-president, Miss Jessie Robins; social vice-president, Miss Gladys Gray; literary vice-president, Will Robinson; and miscellaneous, Will Reed, business manager and press reporter, Miss Marion Wrighton; secretary, Miss Margaret Stevens; treasurer, Miss Phyllis Baker, corresponding secretary, Miss Ethel Bowman; musical committee, Mrs. Broughton, Charlotte Reed and Edith Kew; floral committee, Miss Kitty Munday and Edward Kelly; librarians, Ernest Carpenter and Charles Saddington; lookout committee, Edgar Kelly and Miss Hilda Gray; pianists, Miss Marion Wrighton and Miss Jessie Robins.

DISTRICT LEAGUES.

All the Epworth Leagues of the London Methodist District will meet for a conference next Thursday evening have been invited by the Epworth League of Empress Avenue Methodist Church to hold the convention and round-table conference in that church. The Empress Avenue League have also arranged to give a supper for the 70 or so young people in attendance.

MARION KEITH CLUB.

The Marion Keith Club of St. Andrew's Church have planned an interesting affair to be held in the church on January 28. This will be an illustrated lecture on the Holy Land by F. A. Robinson. Mr. Robinson who came to the city not long ago with Dr. Campbell Morgan has travelled extensively in the Holy Land, and his lecture will be accompanied by numerous lantern slides. In addition, there will be a musical accompaniment to the program by Miss Gunert, Dr. Campbell Morgan's pianist.

FIRST METHODIST E. L.

There were over 60 in attendance at last night's meeting of the Epworth League of First Methodist Church. Miss Bessie Smith was in charge of the excellent program which included solos by Miss Elsie Orr and L. Christian, a reading by Miss Elsie McLeod, and an address by Mr. Ralph Presgrave. Mr. Presgrave spoke on the books of Hebrews and Revelations and gave a graphic account of Rome, the City of Nero, and early Christian martyrdoms. Miss Gibson presided.

DUNDAS CENTRE W. M. S.

The W. M. S. of Dundas Centre Methodist Church held its January meeting yesterday afternoon with a splendid number in attendance. Mrs. W. E. Millson was in the chair. The excellent program arranged by Mrs. Norman Ross included the Bible lesson by Mrs. May R. Thornley, a chapter from the study book by Mrs. Frank White, and the Watch Tower department given by Mrs. R. J. Gordon. Mrs. R. Houd and Mrs. Leonard Tait. Mrs. Keenleyside dealt with the department of Christian stewardship. A delightful solo was contributed by Mrs. Will Scott.

HYATT AVENUE LEAGUE.

Miss Lillian Gourlay, the missionary vice-president, was in charge of last night's meeting of the Epworth League of Hyatt Avenue Methodist Church. The topic was taken by Miss Ora Huffman, who gave a paper on "The Black Barbarian." Miss Lillian Jenkins read the lesson. A delightful solo was given by Miss Ethel Lewison.

MAITLAND STREET B. Y. P. U.

Miss Lillian Johnston presided over last night's meeting of the B. Y. P. U. of Maitland Street Baptist Church. The topic was taken by Roy Cook. Miss Lillian Frank and Miss Phyllis Kennedy. The solo given by Miss Lillian Coughtrey was much enjoyed.

DUNDAS STREET LEAGUE.

The program at last night's meeting of the Young Peoples' League of the Dundas Centre Methodist Church was arranged by the missionary department, with Miss Louise Nye in charge. The topic was taken by Miss Clara Blaise, who dealt with emigration in Southwestern Europe. Miss

Rita Barlow read the Bible lesson and there was a solo, delightfully rendered by Miss Minnie Judd. The league are arranging for a skating party to be held next week.

ASHTON URGES SPEEDY
SALE OF CITY HOUSES

Lifting of Financial Responsibility Should Be Sought, He Claims.

Ex-Ald. John Ashton, new appointee to the housing commission, and a possibility for the 1924 chairmanship of that body, would sell the city's houses as speedily as possible and under the most favorable circumstances. He feels that the municipality should be soon relieved of this financial responsibility, and that everything reasonable should be attempted to make satisfactory sales possible.

HOUSES FOR RENT SHOULD
BE PLENTIFUL SAYS BAKER

There should be no scarcity of houses for rental purposes in this city during the current year, City Clerk Sam Baker says. From figures at his disposal this morning, he reports that there are more than 400 vacant dwellings at this moment and more than 200 under construction.

PARLIAMENT WILL OPEN
THURSDAY, FEBRUARY 28

Premier Announce Date Following Cabinet Meeting—Later Than Usual.

SESSION MOMENTOUS

Ottawa, Jan. 14. — Parliament will open on Thursday, February 28. Announcement of the date of the opening was made by Premier King at the close of a cabinet meeting this evening.

The date is almost a month later than that of last year, when parliament assembled on January 31. In contrast to last year, when the opening was on a Wednesday, the time-honored custom of meeting on Thursday will be observed this year. After the opening ceremonies and the delivery of the speech from the throne, adjournment will probably be made until the following Monday, when the real business of the session will commence.

Session this year will be momentous. Not only will important questions such as redistribution and the banking system be again before the House, but the proceedings of parliament will be of special interest in their bearing on the political situation.

SIX DISTRICT SCHOOLS
ENTER RIFLE COMPETITION

Six schools in Military District No. 1, have entered teams in the rifle competition, winter series, now being held. Brig-Gen. W. J. M. King, C.M.G., D.S.O., announced today.

The competition is held by the D. C. R. A. The six teams competing include Talbot Street Cadet Corps, London; Norwich High School Cadet Corps; Chatham Collegiate Corps; De la Salle Academy Cadet Corps; Queen Mary Public School, Chatham, and the Strathroy Collegiate.

ITALIAN STEAMER REPORTED
TO HAVE SUNK OFF USHANT

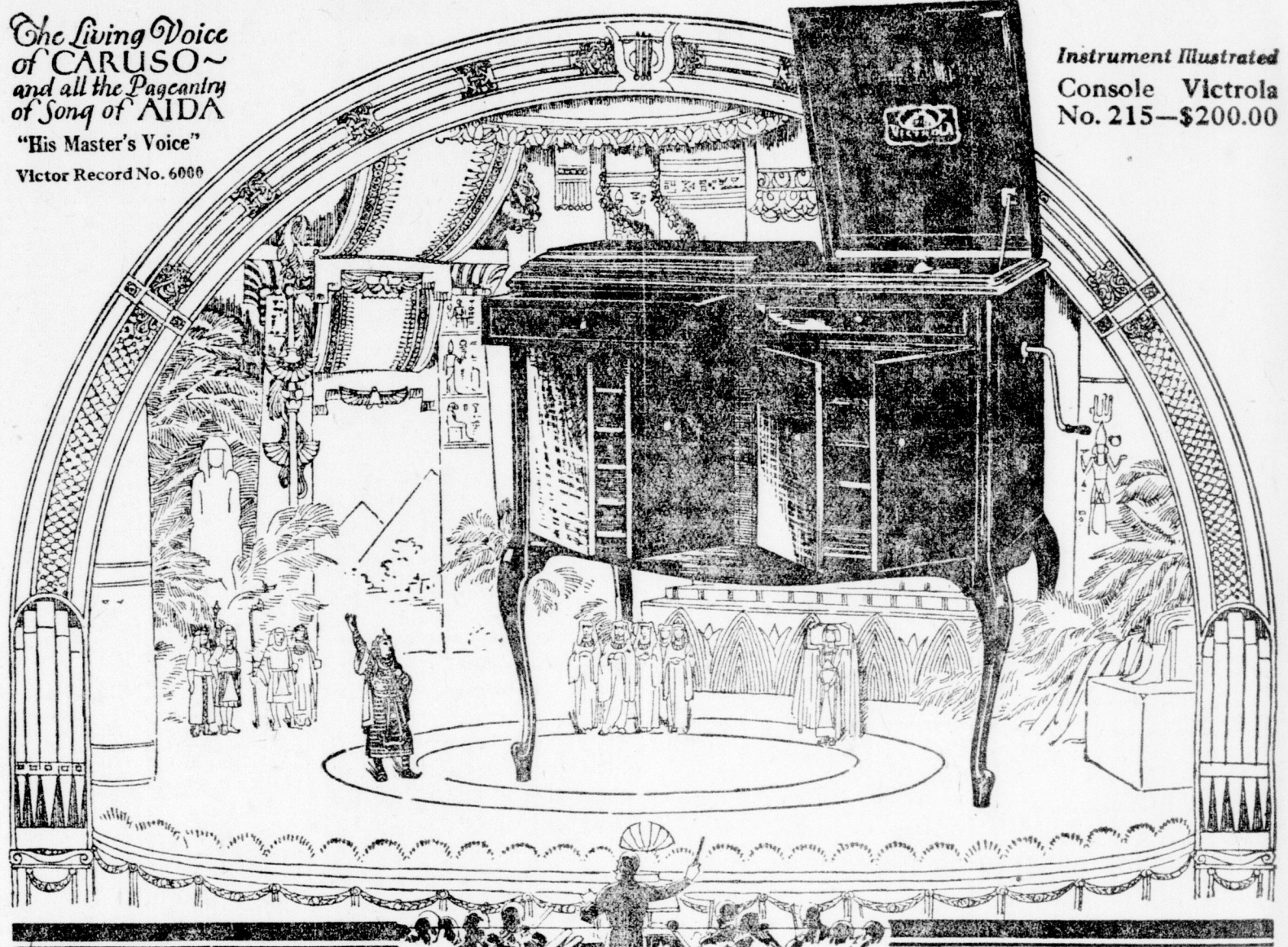
Associated Press Despatch. London, Jan. 14.—A despatch to Lloyd's shipping agency from Bordeaux today says the Italian steamer Feronia, reported in a sinking condition last week off the Ushant lighthouse, has gone down. Twenty-nine of her crew were saved.

Particular People
choose

"SALADA"
TEA

The most delicious blend procurable.

The Living Voice
of CARUSO
and all the Pageantry
of Song of AIDA
"His Master's Voice"
Victor Record No. 6000



Instrument Illustrated
Console Victrola
No. 215—\$200.00

The Theatre of the Home

The stage is set, the performers ready. Your mood this evening calls for the inspiring strains of Verdi. Suddenly you hear Caruso singing "Celeste Aida"—(Heavenly Aida)—clear, sweet, vibrant, real as life itself. For the moment you sit in an orchestra seat at the opera—with all its pomp and pageantry.

Then perhaps you long for the sweet strains of "The Last Rose of Summer"—and as the soft clear notes of Elman's violin sound in your ears, you can all but see him draw his bow across the magic strings.

But whether it be Caruso, or Elman, or the boom of Sousa's band, or the latest happy-go-lucky dance hit,—"HIS MASTER'S VOICE" Victrola and "HIS MASTER'S VOICE"-VICTOR Records prove their superiority by making you forget the man-made reproduction and remember only the sensation of having living artists and real musical instruments—a few feet beyond the chair in which you sit.

And by virtue of such masterly performance "HIS MASTER'S VOICE" Victrola is the standard by which all instruments are judged. Often this causes many to refer to all instruments as Victrolas but for your own best interests as well as ours, remember there is only one real genuine Victrola—and that bears our famous trade-mark "HIS MASTER'S VOICE" under the lid. Be very careful to see that it is on the instrument you buy.

Genuine "His Master's Voice"
Victrolas from \$37.50 to \$615.00

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Why "HIS MASTER'S VOICE"
VICTROLA dominates!

The Victrola goose-neck supports the sound box, allowing it full play. It takes the weight off the needle point, making for flexibility and consequently produces that unequalled exactness of tone for which "HIS MASTER'S VOICE" Victrola is pre-eminent; at the same time preserving the record from wear because of the very light weight pressure upon the needle. This is but one of the many features that combine to make "HIS MASTER'S VOICE" Victrola—incomparably best.



"His Master's Voice" Victrola

C. H. BEARD, Local Manager